



United States
Department of
Agriculture

National Institute
of Food
and Agriculture

4-H National
Headquarters



4-H Healthy Living: Injury Prevention

Mission of 4-H:

A world in which youth and adults learn, grow and work together as catalysts for positive change.

The Challenge:

Millions of people are incapacitated by injuries and some suffer lifelong disabilities. For youth, injuries can lead to anxiety, inordinate demands on family and friends, and time lost from school, clubs, and teams. For children aged 1-18, accidents are the leading cause of death. Suicide is the third leading cause of death for adolescents (ages 10-14) and the second leading cause of death among young adults (ages 15-24).

The Solution:

Through 4-H Healthy Living strategies and programming, youth will...

- Increase their knowledge of the impact of risky behaviors and poor decision-making on health and safety.
- Increase their knowledge, attitudes, and skills to intervene and prevent peer-on-peer bullying incidents and also recognize their own responsibility to prevent injuries.
- Reduce bullying among youth and decrease the proportion of youth engaging in or experiencing reckless driving.
- Actively promote practices that prevent injuries.
- Organize community actions and engage in peer-to-peer efforts related to personal safety issues and educational choices.
- Reduced risky behavior among youth and family and reduce vehicle-related injuries, including all-terrain vehicles.
- Decrease the risk for serious disease, illness, and serious physical and emotional distress.

The Partnerships – The following are examples of how partnerships contribute to the work of 4-H Healthy Living goals.

- **National Organization for Youth Safety (NOYS):** [NOYS](#) is a coalition of nonprofit and for-profit youth-serving organizations and government agencies that work together to address health and safety issues that affect youth in the United States.
- **National Highway Traffic Safety Administration:** [This organization](#) is responsible for reducing deaths, injuries, and economic losses that result from motor vehicle crashes; investigating safety defects in motor vehicles; promoting the use of safety measures in motor vehicles; and for dealing with other important motor vehicle-related issues.

The Results:

- [The Children's Safety Network](#) identifies 4-H as a key partner in programming related to injury prevention in rural areas.
- With support from National 4-H Council, several state 4-H programs joined together to develop a curriculum on first aid and fitness safety. The [4-H Health and Fitness](#) curriculum provides learn-by-doing opportunities for youth to become engaged with self-care and safe living. Youth will learn about injury, sports nutrition, optimum performance, and how to avoid a crash.

The 4-H Youth Development Program is the youth outreach program from the land-grant institutions' Cooperative Extension Services, and the U.S. Department of Agriculture (USDA). 4-H serves as a model program for the practice of positive youth development. 4-H National Headquarters is housed within the Division of Youth and 4-H at USDA's National Institute of Food and Agriculture. Additional support for 4-H programming is provided through National 4-H Council. For more information email 4Hhq@nifa.usda.gov.